



# St. Cuthbert's School Newsletter

#stcuthbertsns



Sunday 9<sup>th</sup> June 2024 [www.northtynesidecatholic.org.uk/](http://www.northtynesidecatholic.org.uk/)

Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. Our children, families and staff have gone the extra mile once again this week and interconnected learning, experiences and discussions over the past year to show an understanding of the events around D-Day and what it means for us all. We have lots happening this half term and key dates are listed at the end of this newsletter, as always we will keep you up to date with what will be happening on Parentmail and through newsletters as well as live updates of what is happening on Twitter and Tapestry.



Congratulations to Year 3 who have won our attendance of the week stars trophy again with an excellent winning score of 99.3%- they will have an extra playtime next week! We work hard with families and partner agencies to make sure every child achieves the best attendance they can. Can we remind all families that we ask you to contact school when your child is absent from school for any reason at all. There is information about the impact of attendance and punctuality on your child's education available on our school website, you can find it on the [Attendance and Term Dates](#) page.

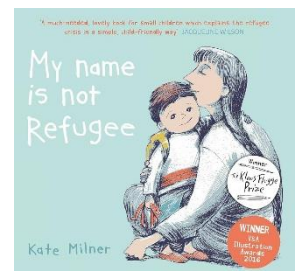


| Class        | %    |
|--------------|------|
| Reception    | 89.7 |
| Year 1       | 97.2 |
| Year 2       | 96.1 |
| Year 3 🏆     | 99.3 |
| Year 4       | 94.7 |
| Year 5       | 95.0 |
| Year 6       | 93.1 |
| Whole school | 95.0 |

It has been brilliant seeing so many children take part in school clubs again this term. Our clubs are very important in helping our children's personal development by playing and being with children and staff from other classes, challenging themselves and celebrating their gifts and talents in other areas of school life. Thank you to our dedicated staff who give their time to make sure our clubs happen and to make sure we can provide all clubs free of charge to everyone.



Thank you everyone for supporting our children, staff and community by helping us bring the story of World War II to the children in an appropriate and exciting way. St. Cuthbert's families have once again been brilliant and creative in designing costumes for our D-Day picnic and building Anderson shelters, aeroplanes and for making our whole school collective worship focus area even better by loaning precious family items related to wars. Next week all our children will be exploring what happens to children and families when they are forced to leave their homes due to conflict, climate change and many other factors, and they will be using the fantastic book *My Name Is Not Refugee*.







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Sunday 9<sup>th</sup> June 2024 [www.northyntesidecatholic.org.uk/](http://www.northyntesidecatholic.org.uk/)

Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. St. Cuthbert's Catholic Primary School has been in existence in one form or another since around 1850 and was originally set up to provide an education for refugee children and local Catholic children. It has always been the mission of our school and community to be a place of sanctuary for people in need, regardless of faith, nationality or political beliefs. It has always been the mission of St. Cuthbert's to treat every single member of our community equally, with equity at the core of what we do. It has always been our mission to treat everyone with compassion, to be considerate in what we say and how we say it and to celebrate the diversity of our community. Children and families need a place of sanctuary and for over 170 years St. Cuthbert's has continued to be that community and place. This year our children have been learning about why conflict happens, about the political processes that can stop it or make it happen and the impact of it on families- particularly children. They have looked at lots of examples of people behaving in a kind and compassionate way, people who have never set out to make a massive positive difference to the world around us but who have. Last week our children marked D-Day by learning about the events that led to it and the events of the day. More than this, however, they interconnected all their previous learning to explore the impact of what happened on D-Day and what led to it happening. They have all identified intolerance and the need to have power and control over other people as very destructive and the root of most conflicts. They also know that our current school community is made up of children, families and staff from across the world, including almost every nation involved in D-Day. Veterans who have been involved in conflict always say they want us all to learn from it and to do everything we can to ensure everyone lives in peace. Our children know that being compassionate and truly listening to and talking with other people is what can help us avoid conflict, they know that people really do need people.



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood and lived in this school.



COMPASSION MATTERS

Children's  
Crosslife  
COMPASSIONATE  
SCHOOL AWARD

GOLD AWARD

We nurture  
compassionate  
global citizens



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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. All schools in England have three staff training days each year and we give you as much notice as possible about when they will be. We often set the first and last days of the school year as staff training days with the third to be allocated according to what staff training is planned or becomes available during the year. At the start of the year we notified everyone of our staff training day on Friday 19<sup>th</sup> July and we are setting another **staff training day for Monday 8<sup>th</sup> July**. This means we have allocated all three staff training days for this school year. This training day means that children are off school that day and it will allow all our teaching support staff to take part in training with colleagues from all the schools in our Bishop Bewick Catholic Education Trust who we are part of. It also gives our teaching staff the opportunity to put plans in place for September 2024 and to finalise children's reports which will be sent out later that week. The date has been added to the list of dates at the end of this newsletter.

Well done to our girls' football team who took part in the fixtures hosted by John Spence Community High School last week. Our team played brilliantly and even played against the John Spence year 7s team, losing 1-0 and making sure their opponents had to battle hard for their victory. Thank you to Miss Collings for coaching the team and making sure our teams are part of all the competitions taking place in North Tyneside and amongst our family of Catholic schools. It is a big commitment to be part of so many competitions across age groups every year but we believe that all our children should have the opportunity to experience different sports and to be competitive. You will see from the key dates at the end of this newsletter that St. Cuthbert's will be involved in lots of different competitions before the end of the year and that we have been part of lots so far this year. If there is a competition taking place St. Cuthbert's are always there and it is the dedication and vision of our staff, the support of our families and our amazing children that make this happen.



We have lots of events and trips planned for the rest of the school year and families have been sent ParentMail messages and forms for some of them. If you have received a ParentMail form can you please make sure you complete and submit it as soon as you possibly can. By responding on time we can make sure our children have the best experiences and everything they need for each trip.



## ParentMail





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If you have any concerns about your child's, or another child's safety, including their online safety, or questions about behaviour we always ask that you speak to us at school. It is important that we are part of discussions that may be happening around children's behaviour and welfare. We record incidents and concerns electronically on our CPOMS system and we work very closely with Clennell Education Solutions to make sure all our staff are up to date with the best safeguarding training available and to provide leading professional advice when requested. This means that we have a broad picture of anything that is happening at school and, with your help, we can make sure any concerns are addressed quickly and do not escalate or lead to children or families falling out. If you have a concern that you feel needs attention immediately, and it is outside of normal school hours, you can contact the North Tyneside Safeguarding Team's Front Door service on 0345 2000 109 during office hours or 0330 333 7475 during the evening or at weekends. We work in partnership with the team and they will inform us at school of any referrals made to them during weekends, evenings, and holidays when school is closed. You can also find out more information about safeguarding in North Tyneside on their [website](#) and our [school website](#).



Can we also remind all families that you must let us know who is collecting a child after school if you, the person who would normally do the collection, isn't? If you need to change arrangements at the last minute please phone the school office and let us know, this helps avoid asking the person who has come to collect the child waiting around unnecessarily and helps us ensure all our children are where they are supposed to be. If the person collecting your child is someone we don't know or haven't met often we may ask you for a word or phrase that they can repeat to us, therefore confirming who they are.

As a school St. Cuthbert's were involved in being part of the management committee that set up the PACT MumSpace group that runs in North Shields. MumSpace is a warm, welcoming, friendly group, for mothers run by mothers. MumSpace is a charity run so free to join. Within the group, mums have half an hour of "their time" whilst the amazing volunteers look after the children. This space and time can be used to have a hot cup of coffee and a chat, talk to other mums alike, or invite outside organisations in to give advice, it's the mothers' space it's up to them to decide what to do with it. The group is for pregnant mums or mums with children up to the age of 4. MumSpace is run on a Thursday morning from St Cuthbert's Church from 9.30-11am or Tuesday afternoon 12.30-2pm at St Luke's Church in Wallsend on Frank Street just off the Metro station. For more information see their Facebook page = MumSpace North Tyneside or contact Wendy McConnell at 07950426786 or [wendy.mcconnell@citizensuk.org](mailto:wendy.mcconnell@citizensuk.org)



As part of our work with PACT we are inviting families with children between the ages of 2 and 4 to join us for our Book Sharing Course which we are hosting at school with Wendy. The sessions take place at school from 2.15pm- 3.15pm. We have run these sessions in the



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past and they have been very successful and a brilliant way to get ideas and support in helping develop children's love of stories, books and language. Further information about the programme is near the end of this newsletter.

**We are asking all families to make sure you pre-order your children's lunches as this is the only way to ensure they get what they want each lunchtime. All children who have a school lunch must pre-order- this includes children in Reception Class, Year 1 and Year 2 who are all entitled to free school meals through the Infant Free School meals scheme.**

Thank you once again to everyone who has signed up for your Appetite account and to everyone who is using it to pre-order children's school lunches. It is very, very important that you get your account set up as it allows you to see the menu for the coming weeks, including all the dietary and nutritional information you might want to see. No child will ever be left hungry and the staff in our kitchen know all our children well. If you have any questions about the new school meals system or menu, or need help with the app or using the Appetite service online, please get in touch with us at school.

We get lots of questions at school about keeping children safe online when they are away from school. We have begun information posters from National Online Safety and these will be helpful as they provide up-to-date advice on how to manage different services and apps for children at home. The Think You Know website is also very useful for advice and information and you can find it by clicking the link below. The site is aimed at adults and the subjects are about keeping children safe online.

<https://www.thinkuknow.co.uk/parents/>



*We would like to remind families that we have a no-jewellery policy for children at St. Cuthbert's, the only exceptions to this are that children can wear a watch and if they have their ears pierced they can wear a small stud- not hoops. Can you please make sure your child doesn't wear any jewellery to school, especially on their outdoor learning day when a few have started to wear chains, necklaces, or bracelets. Outdoor learning day clothes should be old clothes, suitable for the weather, that will get dirty and, most likely smell of smoke by the end of the day.*

Can we please remind families that for all classes from reception through to year 6 the school day has a 'soft start' meaning that the school gates and doors will open at 8.40 am and children should go straight to their class when they come on to the playground from 8.40 am. The doors and gates then close at 8.55 am when all children should be in their class- anyone who arrives at school after 8.55 am should come to school through the main office. **Children cannot wait alone on the playground or at school gates before 8.40 am as all staff are supervising gates, doors,**

**corridors and classrooms with teachers beginning their teaching at 8.40 am.** Can we also remind everyone that no adults should be in the school building in the morning or at the end of the school day. If you need to speak to a class teacher you can contact them through Tapestry, phone the school office to make an appointment or pass on a message or catch them at the end of the school day once all children have been passed over to their families. Our school day ends at 3.25



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Thank you to everyone who is using Easyfundraising.

There are no catches to using the site, you don't need to share bank or payment details, just sign up and choose to support St. Cuthbert's. all you then need to do is search for your chosen store or seller on the easyfundraising site and do your online shopping as normal. If you are booking a holiday, buying any insurance, changing internet suppliers, mobile phone providers, etc. online, and doing so through the site they make quite big donations to school! It's really easy to get set up and running, all you need to do is:



1. Head to <https://www.easyfundraising.org.uk/causes/stcuthbertsrcprimary/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will donate to St. Cuthbert's at no extra cost to you whatsoever!

There are no catches or hidden charges and we would be grateful for your support and donations which will go towards all our children.

Thank you to everyone who has been using Tapestry, our [keepingintouch@stcuthbertsrcprimary.co.uk](mailto:keepingintouch@stcuthbertsrcprimary.co.uk) email, and school phone to keep in touch with school staff. Lines of communication must be kept as open and honest as possible between school and home as we work hard to keep our open-door policy and approach going by making so many ways to keep in touch available. **As highlighted in the past we don't use Facebook or WhatsApp or any other social media apart from Twitter (which we don't use to answer questions)**, and we won't be setting up accounts on either medium. If you have any questions, or concerns, or need to chat with a member of staff at school please make sure you use one of three methods we have put in place:

- Message a member of staff on Tapestry with messages regarding work, arrangements for the school day for your child, etc. All staff have access to Tapestry.
- Email [keepingintouch@stcuthbertsrcprimary.co.uk](mailto:keepingintouch@stcuthbertsrcprimary.co.uk). You should email this address if you want to discuss or inform of us anything that is more confidential. Emails to this address are only read by Mrs. Cottiss and Mr. Dillon. Please do not use this email for day-to-day things like questions about what is happening at school. We cannot guarantee that your question will be answered on time this will only happen by contacting the school office.
- Phone 0191 691 9876 and arrange an agreed time to chat with someone. Use the school phone number to advise us of absence from school, and for questions about day-to-day things. **Phoning school during the school day remains the best way to get in touch.**

**If you have not yet activated your Tapestry account or if you are having trouble accessing it please let us know as soon as possible. Tapestry is one of the main ways we keep in touch with families and it is important that you can receive messages and posts from it even if you don't use it a lot yourself.**

There has been a great deal of interest in our apprenticeships that have been advertised, you can find more information about the admin assistant roles on our school [website](#).





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If you haven't joined our school lottery yet it is really easy and gives you a chance of winning our school jackpot each week and gives you an entry to a much bigger weekly jackpot. All profits from the lottery go towards helping us make sure our children continue to have the fantastic opportunities they get every week at St. Cuthbert's. Our weekly prize currently stands at £19.80, you will also be entered into a national school lottery for a £25,000 draw each week. You can sign up at

<https://www.yourschoollottery.co.uk/lottery/school/st-cuthberts-rc-primary>

We work continuously with all staff and children to keep children and everyone at St. Cuthbert's safe at all times. Our current Child Protection and Safeguarding Policy 2023/24 is on our school website, <https://www.stcuthbertsrcprimary.co.uk/safeguarding> and it outlines our approaches and policies to safeguarding throughout school. You will also find a copy of our safeguarding policy that we share with the children. It has been written to be accessible to the children and goes alongside all the work we do with them throughout the year. We teach safeguarding and staying safe through many different subjects and you will see the weekly online safety posters we add to every newsletter that we send out. Throughout the year we also have online safety lessons with all children and these range in topic from what to do if a child feels unsafe, how to create the best usernames and passwords and how to judge if the information you are reading or watching is genuine and accurate. We also hold online safety sessions for families each year to help you keep your children safe online at home. If you have any questions about safeguarding at St. Cuthbert's please get in touch by emailing [keepingintouch@stcuthberts.email](mailto:keepingintouch@stcuthberts.email) or speaking to Mr Dillon or Mrs Cottiss who you can find on the school playground at the start of each day or by phoning the school office.

Thank you for your amazing continued support, stay safe and God bless,  
Shaun Dillon





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about

# PALWORLD

### WHAT ARE THE RISKS?

#### MATURE CONTENT

18  
CENSORED

While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

#### VIOLENCE

Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

#### SUGGESTIVE WRITING

Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

#### ONLINE PLAY

Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

#### DIFFICULTY

Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

## Advice for Parents & Educators

#### WATCH GAMEPLAY

Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

#### LEND A HAND

By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

#### SET CONTENT LIMITS

As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

#### PLAY TOGETHER

By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.

#### PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

### Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



#WakeUpWednesday

The National College



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## **PE and Roundhouse Timetables 2023/2024**

Children should come to school wearing their PE kit on their PE day.

| PE        |                           |
|-----------|---------------------------|
| Day       | Class                     |
| Monday    | Reception                 |
| Tuesday   | Year 2                    |
| Wednesday | Year 1                    |
| Thursday  | Year 5, Year 3 and Year 6 |
| Friday    | Year 4                    |

Work at the Roundhouse has now been completed and classes continue to use it throughout the week. As always, we have a timetable for outdoor learning but classes will take learning outdoors as often as they can throughout the week. Children should wear old clothes on their outdoor learning day, PE kit on PE day and school uniform on all other days.

| Roundhouse/ Outdoor Learning Dates |              |
|------------------------------------|--------------|
| Nursery                            | (Tuesdays)   |
| Reception                          | (Tuesdays)   |
| Year 1                             | (Fridays)    |
| Year 2                             | (Fridays)    |
| Year 3                             | (Wednesdays) |
| Year 4                             | (Wednesdays) |
| Year 5                             | (Mondays)    |
| Year 6                             | (Mondays)    |



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Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801. Below are the dates, times and some details of events which will be taking place through the rest of this school term. As always, we will contact everyone as soon as possible if anything changes around these dates and times, and we will send out any more information if and when needed. There will be other events and activities taking place between now and the end of this term and information on these will be sent out to you through ParentMail as usual and added to each weekly newsletter.

| Date                                    | Time                       | Event   | Location                                   |
|---|----------------------------|---|--|
| <b>Monday 17<sup>th</sup> June 2024</b> | Morning                    | Year 3 swimming sessions begin and last 4 weeks                                     | <b>Hadrian Swimming Pool</b>               |
| <b>Tuesday 18<sup>th</sup> June</b>     | Morning                    | Year 6 bus induction  | <b>School</b>                              |
| <b>Wednesday 19<sup>th</sup> June</b>   | Afternoon                  | Year 2 multi skills tournament  | <b>St. Thomas More</b>                     |
| <b>Wednesday 19<sup>th</sup> June</b>   | Afternoon                  | Philip Reilly Cup   | <b>St. Aidan's Catholic Primary School</b> |
| <b>Thursday 20<sup>th</sup> June</b>    | Afternoon                  | Year 6 transition event with St. Thomas More  | <b>St. Thomas More</b>                     |
| <b>Tuesday 25<sup>th</sup> June</b>     | All day                    | Year 6 at Primary Festival  | <b>Youth Village, Consett</b>              |
| <b>Friday 28<sup>th</sup> June</b>      | All day                    | Year 5 and 6 trip to Great North Museum   | <b>Great North Museum</b>                  |
| <b>Monday 1<sup>st</sup> July</b>       | All week                   | Sports Week   | <b>School and various venues</b>           |
| <b>Monday 1<sup>st</sup> July</b>       | All week                   | St. Thomas More work experiences students in school                                 | <b>School</b>                              |
| <b>Tuesday 2<sup>nd</sup> July</b>      | Morning                    | Sports Day  | <b>School</b>                              |
| <b>Tuesday 2<sup>nd</sup> July</b>      | 5pm                        | North Tyneside Summer Sing  | <b>Whitley Bay Playhouse</b>               |
| <b>Wednesday 3<sup>rd</sup> July</b>    | Morning                    | Year 1 Multi Skills Festival  | <b>The Parks Leisure Centre</b>            |
| <b>Thursday 4<sup>th</sup> July</b>     | All day                    | General election- nursery classroom being used at polling station                   | <b>School</b>                              |
| <b>Thursday 4<sup>th</sup> July</b>     | All day                    | Year 6 transition day   | <b>St. Thomas More</b>                     |
| <b>Friday 5<sup>th</sup> July</b>       | All day                    | Year 6 transition day   | <b>St. Thomas More</b>                     |
| <b>Monday 8<sup>th</sup> July</b>       | All day                    | Staff training day  |  |
| <b>Thursday 11<sup>th</sup> July</b>    | 1pm                        | Year 6 leavers' Mass with North Tyneside Catholic Schools                           | <b>St. Columba's Catholic Church</b>       |
| <b>Saturday 13<sup>th</sup> July</b>    | Morning                    | Mouth of The Tyne Festival  | <b>Tynemouth</b>                           |
| <b>Monday 15<sup>th</sup> July</b>      | Afternoon and after school | TBC: Whole school event- keep your diary free, we're waiting on final confirmation. | <b>The Saville Exchange</b>                |
| <b>Tuesday 16<sup>th</sup> July</b>     | 2pm                        | Year 6 Leavers' Assembly  | <b>School hall</b>                         |
| <b>Wednesday 17<sup>th</sup> July</b>   | 9.30am                     | End-of-year Mass with our parish  | <b>St. Cuthbert's Catholic Church</b>      |
| <b>Wednesday 17<sup>th</sup> July</b>   | After school               | Year 6 Leavers' get together  | <b>School</b>                              |
| <b>Thursday 18<sup>th</sup> July</b>    | 2.30pm                     | Whole school end of year collective worship giving thanks for our year together     | <b>School</b>                              |
| <b>Thursday 18<sup>th</sup> July</b>    | 3.25pm                     | Children break for summer holidays  |  |
| <b>Friday 19<sup>th</sup> July</b>      | All day                    | Staff training day  | <b>school</b>                              |





# St. Cuthbert's School Newsletter #stcuthbertsns

Sunday 9<sup>th</sup> June 2024 [www.northtynesidecatholic.org.uk/](http://www.northtynesidecatholic.org.uk/)

Mass times online on Facebook and at St. Cuthbert's each Sunday at 11am. Fr. Chris Hughes can be contacted on 257 5801



**FREE**

## Do you want to improve your child's health?

Our 10 week programme supports you and your family to make healthy lifestyle changes together.

Interactive sessions are delivered by an expert and friendly team and focus on nutrition and physical activity to give you and your family a real boost.

The team delivers family programmes for two different age groups:

Ages 4-7 years old  
Ages 8-14 years old

Register:



Sessions take place once a week, after school

## In 10 weeks we cover:

- Simple food swaps to reduce fat and sugar intake
- The right size portions for children and adults
- How to understand food labels and afford healthy options
- Opportunities to add run and play into your daily routine

Eligibility criteria applies, please ask for more details.

0191 643 7454

CHAT@northtyneside.gov.uk  
[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)



## No Limits

Monday at  
The Lakeside Centre  
4-5.30PM

Tuesday at  
The Parks Sports Centre  
4.30-6PM\*

Wednesday at  
Hadrian Leisure Centre  
5.15-6.30PM

### Activities include:

- Badminton
- Table tennis
- Dodgeball
- Plus football coaching with the Newcastle United Foundation

No Limits activities are available in term time only. A valid eascard is required. Children and young people must behave in accordance with our Customer Charter. \*The soft play is available to use free of charge for siblings under 8 years old while this session takes place.



REGISTER HERE!

[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) | 0191 643 7171



Active North Tyneside



@active\_NT

**FREE**  
FOR KIDS AGED  
**8-13**  
YEARS



## No Limits

**FREE**  
FOR KIDS  
ALL AGES

## POOL SESSIONS

Thursday at  
Waves  
6.20-7.20PM

Friday at  
Tynemouth Pool  
4-5PM

Saturday at  
The Lakeside Centre  
11AM-12PM

Saturday at  
Hadrian Leisure Centre  
2.15-3.15PM



No Limits pool sessions are available in term time only. A valid eascard is required. Children and young people must behave in accordance with our Customer Charter. Pool admission policy applies.